

Seven West High Seniors Attend ECC

Seven West High School seniors are now attending El Camino College under the advanced placement program of the college. The program is designed to allow advanced students to enroll in one college class during the regular school day.

Students selected classes after consulting with senior counselors at the school. Gloria Anderson, Donna Narazuk, and Toni Jones have enrolled in a general psychology course, while Martin Kehoe and James Ellis will take analytical geometry. Peggy Hasegawa will study philosophy and Ann Peterson has selected a course in anthropology.

Editor's Daughter Makes Own Mark

Her father is managing editor of The HERALD and she writes poems for publication.

Christine Bundy, 10, is a fifth grader at Fern Elementary School and daughter of Mr. and Mrs. Reid Bundy of 1121 Patronella.

"I Am So Happy," is the title of Christine's poem, selected for publication in the September Grade Teacher magazine, the oldest national publication for the elementary school classroom.

Christine, presently recovering from a tonsillectomy, gave The HERALD permission to reprint her work. Her father made one of his most pleasant staff assignments.

I AM SO HAPPY*

I am so happy, do you know why?
Why I can easily learn how to fly!
Fly, fly, like Peter Pan.
Fly, fly, all over the land!
Fly to "Never, Never Land"
I just know I can!
I will fly, just like a bird,
All I have to do is
Say the magic word!

*Reprinted by special permission of The Grade Teacher.

Residents Work On Cornell Fund

Mrs. Owen H. Griffith, 3432 W. 229th Place, and Robert Vander Meid, 2527 Loftly View, were among the 4,000 volunteer workers throughout the country who participated in the annual Cornell University Fund Program. The drive culminated with the presentation of \$1,335,092 to the university in unrestricted gifts during the 1962-63 academic year.

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Booklet on Salads Is Offered Free

Summer may be for salads, but salads are not only for summer.

This is emphasized in a colorful new recipe booklet that features frozen vegetables and fruits in a variety of salads designed for year-round enjoyment.

This is not a vast collection of salads. There are only a baker's dozen of recipes but each is carefully selected as an outstanding example of its particular type of salad.

Many of the salads include vegetables and greens from the produce stands as well as from the frozen food cabinets.

Also there are several recipes for dressings recommended for particular salads.

This 12-page recipe booklet is free to you on request. Just drop a post card to Mary Wise to this newspaper and it will be mailed to you.

A PERFECT COMPANION for barbecued spareribs is this salad. Cooked rice, chilled, is combined with fruit cocktail, water chestnuts, celery and almonds. Soy sauce in the dressing gives it a hint of the Far East.

Lace Rice with Fruit for Barbecue Partner

Any season is barbecue time in these parts for Southern Californians like the flavor of their meats enhanced by charcoal cooking.

An excellent accompaniment for spareribs, chicken, chops and fish is this recipe for a fruited rice salad. It is a hearty concoction with a hint of the Far East in its flavorful favor.

Cold rice and fruit cocktail are combined and perked up with water chestnuts, celery, almonds, green pepper and onion.

You may serve it with the dressing of salad oil, vinegar and soy sauce as suggested here or soy sauce may be added to your favorite French dressing.

Chill the salad thoroughly before serving.

- FRUITED RICE SALAD**
1 can (1 lb. 1 oz.) fruit cocktail
2 cups cold cooked rice
1 lbs. instant minced onion
1 can (5 oz.) water chestnuts, drained and thinly sliced
1 cup thinly sliced celery
3 lbs. green pepper slivers
¼ cup chopped almonds
2 lbs. vinegar
1 lb. soy sauce
Salad greens

Drain syrup from fruit cocktail. Combine fruit with rice, onion, water chestnuts, celery, green pepper and almonds.

Combine vinegar, oil and soy sauce in jar. Shake well and pour over salad. Mix carefully until well combined.

Chill thoroughly. At serving time, tuck crisp salad greens around edges of salad bowl. Makes 6 servings.

Creamy Cabbage Slaw

A creamy cabbage slaw goes well with almost any main dish. Beat 1 egg yolk until thick; add juice of half a lemon, salt, cayenne and sugar to taste and ¼ teaspoon caraway seeds.

Fold into 1 cup dairy sour cream and toss gently with 2 cups of a mixture of shredded cabbage and carrots to which a bit of chopped onion and green pepper have been added.



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FOOD FOR THE GODS

Ambrosia means food for the gods but maybe your husband's good enough for it too. For you it has heavenly simplicity: chill, then drain 1 can (1 lb. 1 oz.) fruit cocktail. Stir in ¼ cup frozen orange juice (undiluted) and 1 cup Colgate's Angel Flake Coconut.

SMOKED SALMON

wonderful with scrambled eggs...

discover this new taste treat from Lascco

This is the kind of seafood you would prepare for a gourmet, yet it's inexpensive and easy to prepare. In just 10 minutes you can prepare and serve this tasty combination.

SEE RECIPE ON PACKAGE

SLICED, SMOKED SALMON IS ONE OF 19 WONDERFUL SEAFOODS FROM LASCCO




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